

Instructions- Kern River Festival Wild & Scenic Triathlon
Saturday, April 28, 2018

Welcome to the Kern River Festival's 5th Annual Wild & Scenic Triathlon. Our goal is to have a fun, challenging event that appeals to the athlete in each of us, in addition to elite competitors. The order has changed since last year; it is now a Trail Run/Mt. Bike/River Tri. It is scenic, and well...kinda wild.

Registration:

Make sure you have registered online in the correct category. If you (or your team) are using a hard-shell boat/SUP that is 11.5 feet or longer you are in the Competitive Class. Anything else shorter, or inflatable, then you are in the Recreation Class.

You will be given a bib when you register. You must wear the bib during the bike & run. You may receive help taking it off/on. If you are on a team, think of the bib as a baton that you hand off to your team member. In the paddle portion of the race, your bib must be clearly visible over your pfd. You may receive help to put your bib on over your pfd. That's the only way we can make sure we got your correct order of finish.

Mandatory Pre-Race Meeting: 8:30am River KR3, SCE Powerhouse Parking Lot :

There is a mandatory meeting for all participants starting promptly at 8:30am. At the KR3 SCE Powerhouse Parking Lot, 2.0 miles north of Kernville. You will be able to drop your boat for the paddling section of the race as the boat start is at the SCE Power-plant work-yard (this yr it is below Powerhouse rapid). Racers check-in/bibs will be handed out. Runners & bikers then head north approximately 1 mile to the Siphon Road for the start of the Run and Bike segments of the race across from Headquarters Campground (just north of the town of River Kern). There is minimal parking at the start. Carpool or supply your own shuttle driver.

The Run Segment:

The run begins 200 yds uphill from the Headquarters Campground Sign. There will be a short downhill warm up section to the HQ Sign, then back up the Siphon road for a 2.6 mile uphill/downhill run that will finish back at the run start.

The Bike Segment:

The ride has some good up and down...3.7 miles total. Same downhill warm-up around the HQ sign as the run. 1.8 Miles uphill with an elevation gain of 700'. This is a dirt roadway that is frequently graded, but could be rutted due to recent rains prior to the race. A turnaround near the top of the Siphon road and a 1.5 mile downhill return on the same road with an additional single track section ½ way down. There are some sharp turns and big drop-offs which require care, especially on the descent. These areas will be center-coned to keep traffic on the right side of the road. Down-hillers need to be especially aware of Up-hillers on the descent.

Riders are required to stay right of center going up and down the course. No passing is allowed on corners going downhill. Riders hearing the yelling of "track" are expected to move to the right to let passers by. Stay left as you pass. There is a possibility of being disqualified for not following the "stay right rule". Bike helmets are mandatory.

Competitive class bikers and recreational riders will follow the same route this year. It will include a single track section in the meadow by the creek, near the bottom-middle of the road. There is a creek

crossing.

The creek crossing will have a slack assist line to help. Be careful here. A steep climb up the hillside is followed by a traverse above River Kern on a single track trail. The trail winds around then connects with the SCE Edison Forebay road and drops down to Mt. 99, 50 yds above the entrance to the SCE Power-plant work yard.

The paddle will begin in the eddy at the upstream side of the Power plant. This section requires class 3 and sometimes greater boating skills.

All paddler's must have a type 3/5 pfd, helmets, and clothing sufficient for water conditions.

River rules. You must allow a faster paddler to pass you in a rapid if possible. You must assist a distressed paddler if needed. If someone is swimming in front of you, and they signal they are ok, you may continue on the course. The finish line is at the bottom of the park in Riverside Park. There may or may not be a "Finish" line strung across the river. Someone will let you know you've crossed the finish line. Try not to touch the striped slalom gates hanging in the Park as you paddle by. Take out is on the right bank. You need to stay in your boat for safety until the boat behind you crosses the finish.

Make sure your bib is worn over your pfd and clearly visible as you cross the finish line. We can't score you if we can't see your bib.

We will post results during the day and hand out awards during the dinner Saturday night.

Thanks for competing. We hope you have a blast! Thanks for supporting the Kern Valley River Council.

FAQs

Where and when do I register?

Go the Kern River Festival website. Register prior to race day and receive a discount.

What group can I race in?

Men solo, Competitive, or Recreation

Women solo, Competitive, or Recreation

Men's team, Competitive, or Recreation

Women's team, Competitive, or Recreation

Mixed team, Competitive, or Recreation

If you paddle in a hard shell kayak or SUP over 11.5' long, you must register Competitive.

I need a whitewater paddler!

Contact us for potential paddlers looking for teams.

My team member wants to do two segments.

It is ok to compete in 2 of 3 events. You can have one additional person(a team of 4) in your raft if you desire a 4-person raft.

Can I race as a team and individual?

Yes. You can only do the bike segment for your team. You must have 2 bibs.

Any special rules or equipment required?

Yes. Helmets for bikers and boaters. Pfd's for boaters.

May I wear my headphones?

No. For safety reasons, no headphones may be worn.

May I get help with putting my bib on?

Yes.

What should I do with my bib at the end of the race?

Please turn your bib in to a race official.

Results and Awards?

We will post awards as soon as they are compiled. Awards will be given during the dinner Saturday

night in Riverside Park.

More questions?

Please email tom@sierrasouth.com. Subject Kern River Festival Wild & Scenic Triathlon Race Question